**Recovery Kernel**

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[illegible] Recovery Kernel [illegible] (Volkow et al.): [illegible] D2 [illegible] 12 [illegible] 17 [illegible] ([illegible] D2 [illegible] 1 [illegible] Heinz et al.) [illegible] — [illegible]

[illegible] 12-17 [illegible] 90 [illegible] (neuroplasticity framework) [illegible] Recovery Kernel [illegible] 31 [illegible] 60 [illegible] 61 [illegible] 90 [illegible]

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[illegible] GABA-A [illegible] GABRA2 [illegible] GABRA2 [illegible] ('[illegible]') [illegible] '[illegible]' [illegible]

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| COMT Met/Met ('Sage'/'Worrier' — [illegible]) [illegible] | [illegible] Recovery Kernel [illegible] (MDPV, alpha-PVP): [illegible]: [illegible] |

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| [illegible] / [illegible] [illegible] | [illegible] [illegible] (D2 [illegible] [illegible]) | [illegible] — [illegible] [illegible] D2 [illegible] 12–17 [illegible] [illegible] 3 | [illegible] [illegible] [illegible] [illegible]

## [illegible] 1 — [illegible]

[illegible] [illegible] NAC — [illegible] meth [illegible] [illegible] NMDA [illegible] [illegible] 3 [illegible] ([illegible] 4)

| [illegible] | [illegible] |
| --- | --- |
| [illegible] (500-1000 [illegible]., [illegible], [illegible]) | [illegible] — [illegible] [illegible] 3-5 |
| NAC (600 [illegible] [illegible]) | [illegible]: [illegible]-[illegible] [illegible] — [illegible] NAC [illegible] |
| NAD+ ([illegible] [illegible]) | [illegible] NAD+ [illegible] DNA — [illegible] (IV infusion) [illegible] (NMN/NR) [illegible] — [illegible] ([illegible]) [illegible]; NAD+ [illegible] |
| [illegible] [illegible]-[illegible] (200-400 [illegible]. [illegible]) | [illegible] NAC [illegible]: [illegible]-[illegible] [illegible] 2 [illegible] NAC [illegible] [illegible]-[illegible] — [illegible] |

| [illegible] | [illegible] |
|---|---|
| | [illegible] |
| [illegible] (300-400 [illegible]. [illegible], [illegible]) | [illegible] NMDA [illegible] — [illegible]/NMDA [illegible] 8 [illegible] |
| P5P ([illegible]-5-[illegible] — [illegible] 6, 20-50 [illegible]. [illegible]) | P5P [illegible] (GAD) [illegible] GABA [illegible] P5P [illegible] GABA [illegible] P5P [illegible] B6 [illegible] ([illegible]) [illegible] MTHFR [illegible] |
| 'Brain Stack' — [illegible] + DHA + CDP-[illegible] | [illegible] D2 [illegible] |
| 5-MTHF ([illegible]) | [illegible]/[illegible] MTHFR [illegible] 6 [illegible] |
| [illegible] | [illegible] 2 [illegible] |

## ⚠ [illegible]

[illegible] NMDA [illegible] '[illegible]' [illegible] (Emerging-tier evidence) [illegible] — [illegible] (Reward Deficiency Syndrome) [illegible] 6 [illegible]: [illegible] (Spravato, [illegible], [illegible] FDA [illegible] — [illegible]) [illegible]) [illegible] — [illegible] (IV) [illegible]

(intranasal) □□□□

□□□

- □□□□

[illegible] ([illegible], [illegible], [illegible]), [illegible] ([illegible], [illegible] [illegible]), [illegible] [illegible] [illegible] — [illegible], [illegible], [illegible] [illegible], [illegible], [illegible] — [illegible] 2 [illegible] [illegible], [illegible], [illegible] [illegible]

## [illegible] 11 — [illegible]

| [illegible] | [illegible] |
|---|---|
| Recovery Kernel [illegible] [illegible]/[illegible] [illegible] [illegible] 3 ([illegible] [illegible]) | [illegible] 2 [illegible] [illegible] [illegible] [illegible] 1 [illegible] 8 |
| Recovery Kernel Compendium, [illegible] 16.4 ([illegible] [illegible] — [illegible]) | [illegible] Volkow [illegible] [illegible] Heinz [illegible] [illegible] [illegible] 12-17 [illegible] 3 [illegible] [illegible] [illegible] |
| Recovery Kernel Compendium, [illegible] 01 ([illegible]) | [illegible] [illegible] 2 |
| Recovery Kernel Compendium, [illegible] 05 ([illegible] [illegible]) | [illegible] [illegible] 8 [illegible] 3 — [illegible] [illegible] [illegible] [illegible] [illegible] |
| Recovery Kernel Compendium, [illegible] 06 ([illegible] [illegible]) | [illegible] [illegible] [illegible] 2-4 [illegible] 2 [illegible] [illegible] |
| Recovery Kernel Compendium, [illegible] 20 ([illegible] [illegible]) [illegible] C-28 ('[illegible]') | [illegible] 1-3 [illegible] 2 [illegible] [illegible] [illegible] Warrior COMT [illegible] 6 [illegible] [illegible] |
| Recovery Kernel Compendium, [illegible] 16 ([illegible] [illegible]) | [illegible] 90 [illegible] [illegible] 3 — [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] 3 [illegible] 8 |
| [illegible] Recovery Kernel [illegible] [illegible] | [illegible] [illegible] [illegible] [illegible] GHB/meth/mephedrone [illegible] [illegible] [illegible] [illegible] |
| Recovery Kernel [illegible] [illegible] [illegible] | [illegible] 3 [illegible] ([illegible]-[illegible] [illegible]): [illegible] [illegible] [illegible] [illegible] — [illegible] [illegible] |

| [illegible] | [illegible] |
| --- | --- |
| | [illegible] |

# [illegible] 12 — [illegible]

[illegible]

[illegible]: [illegible] 90 [illegible]

**[illegible] — [illegible]: [illegible]**

*[illegible] — [illegible] — [illegible]*

Crisis Resources: 988 (Suicide & Crisis Lifeline, call or text) | Crisis Text: HOME to 741741 | SAMHSA: 1-800-662-4357